



ESM Fig 1. Effects of meal sequence (rice before fish or fish before rice) on postprandial levels of glucose, insulin, C-peptide and glucagon in patients with type 2 diabetes. Patients with type 2 diabetes [n=13; Age  $57.6 \pm 4.3$  year old; BMI  $27.1 \pm 1.2$  kg/m<sup>2</sup>; Estimated duration of the disease  $0.6 \pm 0.2$  years; HbA<sub>1c</sub>  $6.9 \pm 0.6\%$  ( $52.1 \pm 6.6$  mmol/mol)] were recruited and subjected to meal sequence tests on two separate mornings after overnight fasting. The patients received steamed rice (1004kJ) and boiled mackerel (920kJ) in two different meal sequences, rice before fish (RF) or fish before rice (FR), in a 2 way cross-over fashion. Unlike the experiment described in the main text, time for patients to receive 1<sup>st</sup> dish is defined as 0. Second dish was taken 15 min after the 1<sup>st</sup> dish. Time course curves are indicated for each measurement (RF, closed circles; and FR, open circles) (a-h). Area-under-the curves (AUC) for indicated measurements and standard deviations (SD) for glucose excursion are shown (RF, closed bars; and FR, open bars) (i-m). p values for differences due to sequence (X), time (Y), and the interaction of sequence and time (Z) were calculated by mixed effects models as follows: (a) X0.000, Y0.000, and Z0.000; (b) X0.246, Y0.000, and Z0.646; (c) X0.059, Y0.000, and Z0.066; and (d) X0.001, Y0.000, and Z0.000. AUCs and SDs were analyzed by Wilcoxon's rank sum test, and \* indicates p < 0.05 for RF versus FR.